

Making the Right Choices

Behavior Problem: Blaming Others/Making Excuses

Blame: If you are in the habit of making excuses and not owning your own mistakes, you are not learning how to take responsibility for his actions.

Examples of Blaming Statements:

“I’m sorry, BUT you wouldn’t let me play my video games.”

“I’m sorry I kicked a hole in the wall, BUT you told me I couldn’t go outside.”

“I’m sorry, BUT it was your fault.”



<p>What do you think God is seeing in your heart right now?</p>	<p>Examine your own heart and tell me what YOU did that is causing you problems right now?</p>
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Let's Make Things Different

<p>What could you do differently next time?</p>	<p>Write out Proverbs 28:13</p>
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Write out the definition of Pride:

Write out the definition of Humility:

In your own words, what is 1 John 1:9 saying?

Disclaimer This worksheet is presented as a supplement to, and NOT a substitute for, the knowledge, skill, and judgment of qualified psychiatrists, psychologists, physicians and health care professionals. It is not intended to diagnose a mental health condition. If you have further questions about or are seeking treatment for mental health conditions, please consult a physician or other health care professional.